

MIDDLE SCHOOL										
	Grab & Go 1	g	Grab & Go 2	g	Grab & Go 3	g	Grab & Go 4	g	Grab & Go 5	g
	BLT CLUB SUB		SPICY TURK WRAP		CRISPY CHIC SALAD		PROTEIN POWER PACK		HUMMUS, PITA, & TURKEY	
1	Roll	40	Tortilla	25	Chicken, Popcorn	20	Greek Yogurt	14	Hummus	7
2	Turkey, sliced	0	Turkey, sliced	0	Lettuce, Romaine	3	Granola	48	Turkey (2 slices)	0
3	Ham, sliced	1	Cheese, Cheddar	0g	Cheese, Mozz	1			Pocket Thin	26
4	Bacon, turkey	0	Lettuce, Romaine	1.00	Croutons	4	Marble Cheese Stick	0	Carrots, baby	9
5	Lettuce, Romaine	1	Tomato	2	Ranch, Lite	1	Carrots, baby	9	Raisels	36
6	Tomato, slice	2	Jalapeno Peppers	0	Dinner Roll	19	Celery	3	Flamin' Cheetos	14
7	Pepperoncini	1	Ranch, Lite	1	Butter	0	Craisins	28	String Cheese	1
8	Carrots, baby	9	Carrots, baby	9	Craisins	28				
9	Ranch Dressing	1	Craisins	28						
10	Mayonnaise	3	Ranch Lite	1						
11	Craisins	28								
		86		67		76		102		93
HIGH SCHOOL										
	Grab & Go 1	g	Grab & Go 2	g	Grab & Go 3	g	Grab & Go 4	g	Grab & Go 5	g
	BLT CLUB SUB		SPICY TURK WRAP		CRISPY CHIC SALAD		PROTEIN POWER PACK		HUMMUS, PITA, & TURKEY	
1	Roll	40	Tortilla	25	Chicken, Popcorn	20	Greek Yogurt	14	Hummus	7
2	Turkey, sliced	0	Turkey, sliced	0	Lettuce, Romaine	3	Granola	48	Turkey (2 slices)	0
3	Ham, sliced	1	Cheese, Cheddar	0	Cheese, Mozz	1			Pocket Thin	26
4	Bacon, turkey	0	Lettuce, Romaine	1g	Croutons	4	Marble Cheese Stick	0	Carrots, baby	9
5	Lettuce, Romaine	1	Tomato	2	Ranch, Lite	1	Carrots	9	Raisels	36
6	Tomato, slice	2	jalapeno Peppers	0	Dinner Roll	19	Celery	3	Flamin' Cheetos	14
7	Pepperoncini	1	Ranch, Lite	1	Butter	0	Apple Slices	8	String Cheese	1
8	Carrots, baby	9	Carrots, baby	9	Fruit Cup	16	Craisins	28	Fruit Cup	16
9	Ranch Dressing	1	Fruit Cup	16	Craisins	28				
10	Mayonnaise	3	Craisins	28						
11	Fruit Cup	16	Ranch, Lite	1						
12	Craisins	28		82		92		110		109
		102								

4/7/2017